

Tips From Former Smokers - Rebecca

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Rebecca] My name is Rebecca. I struggled with depression for years. I also smoked.

I would smoke more so I wouldn't be depressed, and then be more depressed because I was smoking. It was a vicious cycle.

Then I started having gum disease and tooth loss. I had to go through extensive bone grafting and dental implant surgeries. That made me more depressed.

Finally, I realized that smoking wasn't helping me. It was making my life worse. So I took control and I quit. Taking that control was so empowering for me. Now I'm able to run again and take walks with my grandkids.

Is everything perfect? No. It's still life. But now I want to live it until I'm 100 years old.

My tip is: There's another world out there. And it's a beautiful place to be.

[Announcer 2] You *can* quit. For free help, call 1-800-QUIT-NOW.

A message from the Centers for Disease Control and Prevention.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.